

2024 Region 16-17 Track & Field Championships

American Preparatory Academy-WV – Draper-APA – Rowland Hall

Saint Joseph – Utah Military Academy-Hill Field

Thursday, 2 May 2024

American Heritage School, American Fork, UT

10:00-10:30 Implement Inspection and Weigh-In

- Please Note: no javelins necessary, rubber-tipped javelins are required and provided

10:30 Coaches' Meeting (infield near starting line)—Please be prepared to report all scratches at this time.

Running Events

Start at 11:00 a.m.—Girls', then Boys'

Girls' Region 16 100-meter hurdles

Girls' Region 17 100-meter hurdles

Boys' Region 16 110-meter hurdles

Boys' Region 17 110-meter hurdles

Girls' Region 16 100-meters

Girls' Region 17 100-meters

Boys' Region 16 100-meter

Boys' Region 17 100-meter

Girls' Region 16 1600-meter

Girls' Region 17 1600-meter

Boys' Region 16 1600-meter

Boys' Region 17 1600-meter

- **100-MH & 110-MH Awards***

Girls' Region 16 4 x 100-meter relay

Girls' Region 17 4 x 100-meter relay

Boys' Region 16 4 x 100-meter relay

Boys' Region 17 4 x 100-meter relay

- **100-meter & 1600-meter Awards***

Girls' Region 16 400-meter

Girls' Region 17 400-meter

Boys' Region 16 400-meter

Boys' Region 17 400-meter

Girls' Region 16 300-meter hurdles

Girls' Region 17 300-meter hurdles

Boys' Region 16 300-meter hurdles

Boys' Region 17 300-meter hurdles

- **4 x 100 relay Awards***

Girls' Region 16 800-meter

Girls' Region 17 800-meter

Boys' Region 16 800-meter

Boys' Region 17 800-meter

- **400-meter & 300-MH Awards***

Girls' Region 16 1600-meter medley relay

Girls' Region 17 1600-meter medley relay

Boys' Region 16 1600-meter medley relay

Boys' Region 17 1600-meter medley relay

- **800-meter Awards***

Girls' Region 16 200-meter

Girls' Region 17 200-meter

Boys' Region 16 200-meter

Boys' Region 17 200-meter

- **1600-meter sprint medley Awards***

Combined Region 16 3200-meter

Combined Region 17 3200-meter

- **200-meter Awards***

Combined Region 16 4 x 400-meter relay

Combined Region 17 4 x 400-meter relay

- **3200-meter & 4 x 400 relay Awards***

Region Championship Team Awards

Field Events – Field Event Awards will be presented once completed _

Events beginning at 10:30 a.m.

Girls' Discus followed by Boys' Discus

Girls' High Jump followed by Boys' High Jump

Boys' Long Jump followed by Girls' Long Jump

Events beginning upon the completion of the Discus

Boys' Shot Put followed by Girls' Shot Put

Girls' Javelin followed by Boys' Javelin